

Jim Robinson

Psychotherapist and Counsellor - BACP, AHPP & UKCP Accredited

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My Practice Notes

Times

I prefer to work on a weekly session basis for individuals and to start with, for couples as well. Times can be regular, or to suit your circumstances and needs. We need to negotiate breaks for holidays etc.

Fees

Individuals between £45 - £85 for 60 mins. For couples £70 - £120 for 75 minutes. I try to make an allowance for people's different financial circumstances.

Bank Details – Triodos Bank - Sort Code 16-58-10, Acct No. 21046174

Cancellation of appointments

I am afraid that I do “usually” charge for cancelled appointments where we can't rearrange it in the same week. I say “usually” because if it is “an act of God”, as it were, that gets in the way, I do not charge. This creates a grey area which can be difficult, but I work with that. I restrict the number of clients I see to keep myself healthy and “fresh”, but this means that cancelled sessions are more of a problem for me. Whilst I try hard to accommodate re-arranging appointments, if this is not possible I do ask for seven days' notice to cancel an appointment without paying.

If you arrive late, we will still need to finish on time.

Confidentiality

I am committed to abiding by the BACP & UKCP code of ethics (these are available through their websites). As part of this, all that occurs in a session is strictly confidential under normal circumstances. The exceptions are -

1. That I can discuss sessions in my monthly supervision with my supervisor, but other than first names, they will not know who you are.
2. If I think that a client is in serious danger of harming themselves or another, then, after discussion, I reserve the right to contact your G.P. and or other agencies.
3. If you disclose information about serious illegal activity, especially around the safeguarding of children, or terrorism, I have a duty to report this. Also, there have been a few court cases where therapists have been forced to disclose information about their clients. Even though I do not keep notes about you or our sessions, there is a grey area here.

Ending of counselling / therapy

Of course, you can end your therapy at any time. I would just ask, that in order to end as healthily as possible, please give at least one weeks' notice, and if after more than ten sessions completed, please try and give at least two weeks' notice. Thank you.

Case Study Permission

As part of my ongoing professional development I may have to present occasional case studies of my work with clients. Only a fictitious first name is use and any major personal details are changed, for instance, age, work, area where living, nationality if appropriate, etc., so that there is no possibility that you could be identified by the content even in the remote event of the document being misplaced in some way.

Therapy has its ups and downs

It is important to understand that the process of counselling and psychotherapy is not a path of continually feeling better. It can, on occasions, lead us into some difficult places where you may feel that life has become more difficult, not less. In becoming more aware of ourselves we often become more aware of the distress or hurt or pain that we have been carrying but which we have 'push aside'. Opening to our vulnerability or insecurity can be a difficult and painful process. There may be times when it feels like hard difficult 'work', and you will need to set this against your understanding of the work as a whole and the progress you have made.

At the same time, assessing the value of the process, and whether to continue or not, is important, natural and an ongoing choice. This is also an aspect of how we will from time to time review our work together, how far we have travelled, how it is going, and what is still wanted.

Contact between sessions and Social Media

As a client, you can telephone me between sessions if you are in dire need or in an emergency. Text can be useful for details around appointments, but I'd be grateful if you used email for other subjects.

I undertake not to have any contact with your social media presence. I do not use social media. Please let me know if you have any other concerns in this area.

Data Protection

I do not keep notes about you or about our sessions, so the only "data" I store is your contact details on my computer. I promise to take all reasonable steps to keep this data safe and I will not share it with anyone. The only marketing I will use this for is to send out my occasional email "Newsletter" from which you can "unsubscribe" at any time.

Please tick the box to indicate your agreement to this part specifically.

I agree to the above.

Print Name(s)

Signature(s)

Date

Address: -----

Phone numbers and email: -----

Please provide the name and practice of your G.P. -----

Thank you,
Jim Robinson